



WATERMELON, ORANGE, & CUCUMBER SALAD

LOW CARB AND A GOOD SOURCE OF ANTIOXIDANTS AND HEALTHY FATS

NUTRITIONAL INFORMATION

Calories 111; Fat 8g; Sat Fat: 2g; Sodium 57mg; Carbohydrate 9g; Fiber 1g; Protein 2g; Cholesterol 4mg; Sugars 7g

BLACK BEAN QUESADILLAS

EXCELLENT SOURCE OF FIBER, PROTEIN, AND CALCIUM

NUTRITIONAL INFORMATION

Calories 379; Fat 13g; Sat Fat 7g; Sodium 551 mg; Carbohydrate 47g; Fiber 13g; Protein 19g; Cholesterol 30mg; Sugars 4g

CHOCOLATE AVOCADO PUDDING

EXCELLENT SOURCE OF FIBER & HEALTHY FATS

NUTRITIONAL INFORMATION:

Calories 326; Fat 19g; Sat Fat 3g; Protein 4g; Sodium 19mg; Carbohydrate 39g; Fiber 11g; Protein 4g; Sugars 25g



EVERYDAY EATS FOR HEALTHFUL FAMILY MEAL PLANNING

WATERMELON, CUCUMBER & ORANGE SALAD – SERVES 8

INGREDIENTS:

¼ cup lemon juice (from 2 lemons)
¼ cup extra-virgin olive oil
2 tablespoons chopped fresh basil, plus more for garnish
2 tablespoons chopped fresh mint, plus more for garnish
4 cups watermelon cubes (~¼ watermelon)
1 ½ cups seedless cucumber, chopped (~½ cucumber)
1 cup mandarin oranges, drained (look for canned in own juices or 100% juice)
¼ cup feta cheese crumbles
Lemon zest (optional)

PREPARATION:

1. In a small bowl or mason jar, whisk together the lemon juice, olive oil, basil, and mint.
2. In a large bowl, gently stir together the watermelon, cucumber, and mandarin oranges. Drizzle the dressing over the fruits and vegetable mixture and toss to coat.
3. Sprinkle the feta cheese on top along with extra basil, mint, and zest (if using).

BLACK BEAN QUESADILLAS – MAKES 6

INGREDIENTS:

1 (15-ounce can) black beans, drained and rinsed
1 cup frozen corn, thawed
½ cup diced red onion
1 garlic clove, minced
½ cup chopped cilantro
2 tablespoons taco seasoning blend
1 ½ - 2 cups shredded cheddar cheese
6 8-inch whole wheat tortillas
Salsa or guacamole (optional, for dipping)

PREPARATION:

1. Preheat the oven broiler on high and line a sheet pan with nonstick foil (see Note).
2. Combine the black beans, corn, red onion, garlic, cilantro, and taco seasoning blend in a large mixing bowl.
3. Spread 2 tablespoons cheddar cheese on half a tortilla, top with ½ cup of the black bean filling, and place another 2 tablespoons cheese on top. Fold tortilla in half and place on the prepared sheet pan. Repeat with the remaining tortillas.
4. Place the pan in the broiler and cook 1-2 minutes per side, until the tortillas are browned and crisp. Remove from the broiler and use a knife to cut each quesadilla into 3 or 4 triangles. Enjoy immediately with salsa or guacamole. (Alternatively, quesadillas can be grilled or made one at a time in a nonstick skillet over medium-high heat by cooking 2-3 minutes per side or until outside is browned and crisp and the cheese is melted).

NOTE: If heat is high on broiler, move rack down away from heat. These will cook quickly!

Try these variations!

Chicken or Beef: cook sliced or ground chicken or beef with taco seasoning blend and add to filling.

Veggie: cheese and vegetables such as green peppers, mushroom, onion, and diced tomato.

Mediterranean: shredded mozzarella, feta cheese crumbles, chopped spinach, olives, diced tomato, and red onion.

Caprese: mozzarella cheese, sliced tomato, fresh basil, and a drizzle of balsamic vinegar



CHOCOLATE AVOCADO PUDDING – SERVES 4

INGREDIENTS:

2 large ripe avocados, pitted and peeled
½ cup cacao or unsweetened cocoa powder
6 tablespoons honey (or maple syrup)
¼ cup nonfat milk (or unsweetened nondairy milk)
1 teaspoon vanilla extract
1 teaspoon instant coffee or espresso powder (optional)

PREPARATION:

Place avocados, cocoa powder, honey, milk, vanilla extract, and instant coffee (if using) in a food processor or blender. Enjoy immediately or allow to chill up to 30 minutes.

EQUIPMENT NEEDED

- Food processor (or blender)
- Small mixing bowl with whisk (or mason jar)
- 2 large mixing bowls

INGREDIENTS

Produce

- 2 lemons (or ¼ cup lemon juice)
- 1 red onion
- 2 ripe avocados
- 4 cups watermelon cubes (¼ watermelon)
- 1 seedless cucumber
- 1 garlic clove
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch mint

Dairy

- ¼ cup nonfat milk (or unsweetened nondairy milk)
- 1/4 cup feta cheese crumbles
- 2 cups shredded cheddar cheese

Frozen

- 1 cup frozen corn

Baking, Canned, and Non-perishables

- 1 (15-ounce) can black beans
- 1 cup mandarin oranges (in 100% juice)
- 2 tablespoons taco seasoning blend
- 6 (8-inch) whole wheat tortillas
- ½ cup cacao or unsweetened cocoa powder
- 6 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon instant coffee or espresso powder (optional)
- ¼ cup extra-virgin olive oil
- Salt
- Pepper



EVERYDAY EATS FOR HEALTHFUL FAMILY MEAL PLANNING

MISE EN PLACE

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.

PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe.

WATERMELON, CUCUMBER, & ORANGE SALAD:

- Chop the watermelon and cucumber. Drain the mandarin oranges.
- Chop the basil and mint. Zest the lemon if using.

BLACK BEAN QUESADILLAS:

- Drain and rinse the beans.
- Chop the onion and cilantro. Mince the garlic

CHOCOLATE AVOCADO PUDDING:

- n/a

